



Integration: Teleport MS Breakfast - November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Nov 1, 2023 <ul style="list-style-type: none"> • WGR Cereal • Whole Grain Bread • Oranges (2) • Milk 1% low-fat • Skim Milk 	Nov 2, 2023 <ul style="list-style-type: none"> • WGR Cereal • WGR Corn Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	Nov 3, 2023 <ul style="list-style-type: none"> • WGR Cereal • WGR Waffle Grahams • Oranges (2) • Skim Milk • Milk 1% low-fat 	Closed
Nov 5, 2023	Nov 6, 2023 <ul style="list-style-type: none"> • WGR Cereal • Assorted Yogurt • Whole Grain Bread • Bananas (2) • Skim Milk • Milk 1% low-fat 	Nov 7, 2023 Closed	Nov 8, 2023 <ul style="list-style-type: none"> • WGR Cereal • WGR Blueberry Mini Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	Nov 9, 2023 <ul style="list-style-type: none"> • WGR Cereal • WGR Corn Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	Nov 10, 2023 <ul style="list-style-type: none"> • Assorted Yogurt • WGR Granola Bar, Asstd • Pears (2) • Milk 1% low-fat • Skim Milk 	Nov 11, 2023 Closed
Nov 12, 2023	Nov 13, 2023 <ul style="list-style-type: none"> • WGR Cereal • WGR Corn Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	Nov 14, 2023 <ul style="list-style-type: none"> • WGR Cereal • Assorted Yogurt • Whole Grain Bread • Bananas (2) • Skim Milk • Milk 1% low-fat 	Nov 15, 2023 <ul style="list-style-type: none"> • WGR Cereal • Whole Grain Bread • Oranges (2) • Milk 1% low-fat • Skim Milk 	Nov 16, 2023 <ul style="list-style-type: none"> • WGR Cereal • WGR Blueberry Mini Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	Nov 17, 2023 <ul style="list-style-type: none"> • WGR Cereal • WGR Waffle Grahams • Oranges (2) • Skim Milk • Milk 1% low-fat 	Nov 18, 2023 Closed
Nov 19, 2023	Nov 20, 2023 <ul style="list-style-type: none"> • WGR Cereal • Assorted Yogurt • Whole Grain Bread • Bananas (2) • Skim Milk • Milk 1% low-fat 	Nov 21, 2023 <ul style="list-style-type: none"> • WGR Cereal • Whole Grain Bread • Oranges (2) • Milk 1% low-fat • Skim Milk 	Nov 22, 2023 <ul style="list-style-type: none"> • WGR Cereal • WGR Blueberry Mini Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	Nov 23, 2023 Closed	Nov 24, 2023 Closed	Nov 25, 2023 Closed
Nov 26, 2023	Nov 27, 2023 <ul style="list-style-type: none"> • WGR Cereal • WGR Blueberry Mini Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	Nov 28, 2023 <ul style="list-style-type: none"> • WGR Cereal • Assorted Yogurt • Whole Grain Bread • Bananas (2) • Skim Milk • Milk 1% low-fat 	Nov 29, 2023 <ul style="list-style-type: none"> • WGR Cereal • Whole Grain Bread • Oranges (2) • Milk 1% low-fat • Skim Milk 	Nov 30, 2023 <ul style="list-style-type: none"> • WGR Cereal • WGR Corn Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 		

This institution is an equal opportunity provider.



Integration: Teleport MS Lunch - November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Nov 1, 2023 <ul style="list-style-type: none"> • Turkey Ham • Whole Grain Bread (2) • Cheese Slice • Green Beans • Wheat Thins • Bananas (2) • Milk 1% low-fat • Skim Milk 	Nov 2, 2023 <ul style="list-style-type: none"> • Beef Hot Dog • Mixed Vegetables • Potato Nuggets • WGR Hot Dog Bun • Apple • Milk 1% low-fat • Skim Milk 	Nov 3, 2023 <ul style="list-style-type: none"> • Oven Fried Chicken • Brown Rice and Beans • Sweet Potato • Pear • Whole Grain Bread • Skim Milk • Milk 1% low-fat 	Closed
Nov 5, 2023	Nov 6, 2023 <ul style="list-style-type: none"> • Whole Grain Chicken Fingers • Sweet Potato Fries • WGR Corn Loaf • Fresh Plum (2) • Skim Milk • Milk 1% low-fat 	Nov 7, 2023	Nov 8, 2023 <ul style="list-style-type: none"> • Turkey • Whole Grain Bread (2) • Broccoli • WGR Cheez-it Crackers • Bananas (2) • Milk 1% low-fat • Skim Milk 	Nov 9, 2023 <ul style="list-style-type: none"> • Beef Empanada • Pinto Beans • Mixed Vegetables • Spanish Rice • Orange • Milk 1% low-fat • Skim Milk 	Nov 10, 2023 <ul style="list-style-type: none"> • WGR Macaroni and Cheese • Green Beans • Whole Grain Bread • Clementine (2) • Skim Milk • Milk 1% low-fat 	Nov 11, 2023
Nov 12, 2023	Nov 13, 2023 <ul style="list-style-type: none"> • Roasted Chicken Thigh • Whole Grain Pasta • Green Beans • Pear • Milk 1% low-fat • Skim Milk 	Nov 14, 2023 <ul style="list-style-type: none"> • WGR Spaghetti and Meatballs • Broccoli • Whole Grain Bread • Clementine (2) • Milk 1% low-fat • Skim Milk 	Nov 15, 2023 <ul style="list-style-type: none"> • Turkey Ham • Whole Grain Bread (2) • Cheese Slice • Green Beans • Wheat Thins • Bananas (2) • Milk 1% low-fat • Skim Milk 	Nov 16, 2023 <ul style="list-style-type: none"> • Burger W/ WGR Bun: • Cheese Slice • Tater Tots • Fresh Apple • Skim Milk • Milk 1% low-fat 	Nov 17, 2023 <ul style="list-style-type: none"> • WW Cheese Pizza • Broccoli • Banana • Milk 1% low-fat • Skim Milk 	Nov 18, 2023
Nov 19, 2023	Nov 20, 2023 <ul style="list-style-type: none"> • Whole Grain Chicken Fingers • Brown Rice and Beans • Sweet Potato Fries • Pear • Skim Milk • Milk 1% low-fat 	Nov 21, 2023 <ul style="list-style-type: none"> • Jamaican Beef Patty • Green Beans • Whole Grain Bread • Clementine (2) • Skim Milk • Milk 1% low-fat 	Nov 22, 2023 <ul style="list-style-type: none"> • Turkey • Whole Grain Bread (2) • Broccoli • WGR Cheez-it Crackers • Bananas (2) • Milk 1% low-fat • Skim Milk 	Nov 23, 2023	Nov 24, 2023	Nov 25, 2023
Nov 26, 2023	Nov 27, 2023 <ul style="list-style-type: none"> • Roasted Chicken Thigh • WGR Pasta w/Olive Oil • Baby Carrots • Pear • Whole Grain Bread • Milk 1% low-fat • Skim Milk 	Nov 28, 2023 <ul style="list-style-type: none"> • Salisbury Steak • Mashed Potatoes • Collard Greens • Whole Grain Bread • Orange • Milk 1% low-fat • Skim Milk 	Nov 29, 2023 <ul style="list-style-type: none"> • Turkey Ham • Whole Grain Bread (2) • Cheese Slice • Green Beans • Wheat Thins • Bananas (2) • Milk 1% low-fat • Skim Milk 	Nov 30, 2023 <ul style="list-style-type: none"> • Beef Hot Dog • Mixed Vegetables • Potato Nuggets • WGR Hot Dog Bun • Apple • Milk 1% low-fat • Skim Milk 		

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